

## What I'd Like for Myself

Please check the items that your Home Visitor can help you with!

- |  |   |
|--|---|
| <input type="checkbox"/> Support, someone to talk to                             | <input type="checkbox"/> Job, education assistance                                |
| <input type="checkbox"/> Feeling better about myself physically                  | <input type="checkbox"/> Family planning (birth control)                          |
| <input type="checkbox"/> Feeling better about myself mentally(depression)        | <input type="checkbox"/> Substance abuse issues                                   |
| <input type="checkbox"/> Time, stress, and anger management                      | <input type="checkbox"/> Child development  |
| <input type="checkbox"/> Problem solving with family members                     | <input type="checkbox"/> Parent-child interaction (activities)                    |
| <input type="checkbox"/> Problem solving with personal problems                  | <input type="checkbox"/> Basic baby care (bathing, feeding, safety)               |
| <input type="checkbox"/> Support Groups  | <input type="checkbox"/> Positive parenting (teaching good values)                |
| <input type="checkbox"/> Meeting new people                                      | <input type="checkbox"/> Discipline   |
| <input type="checkbox"/> Building my confidence as a parent                      | <input type="checkbox"/> Keeping appointments (well child care and immunizations) |
| <input type="checkbox"/> Managing a household (budgeting, cooking, and cleaning) | <input type="checkbox"/> Safety Proofing  |

Referrals to community resources:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Financial assistance | <input type="checkbox"/> Recreation       | <input type="checkbox"/> Education      |
| <input type="checkbox"/> Housing assistance   | <input type="checkbox"/> Child Care       | <input type="checkbox"/> Emergency food |
| <input type="checkbox"/> Baby supplies        | <input type="checkbox"/> Transportation   | <input type="checkbox"/> Counseling     |
| <input type="checkbox"/> Food Stamps          | <input type="checkbox"/> Health care      | <input type="checkbox"/> Furniture      |
| <input type="checkbox"/> WIC                  | <input type="checkbox"/> Reading, library | <input type="checkbox"/> Clothing       |
| <input type="checkbox"/> Employment           | <input type="checkbox"/> Community groups | <input type="checkbox"/> Shelters       |